

Variable	Mean	SD	Min	Max
Age	34.2	10.5	21	55
Gender				
Male	55.2	5.1	45	65
Female	44.8	5.2	35	55
Marital status				
Married	68.5	6.2	55	80
Single	31.5	6.1	20	45
Education				
High school	12.5	1.2	10	14
College	25.5	2.1	20	30
Postgraduate	62.0	3.5	50	75
Income				
Low	15.2	2.5	10	20
Medium	45.5	5.2	30	60
High	39.3	6.1	25	55
Occupation				
Manager	25.5	3.2	20	30
Professional	35.2	4.1	30	40
Service	39.3	5.5	35	45
Unemployed	10.0	1.5	5	15
Health status				
Good	65.2	5.1	55	75
Fair	25.5	4.2	15	35
Poor	9.3	1.8	5	15
Smoking status				
Smoker	35.2	4.5	25	45
Nonsmoker	64.8	5.5	55	75
Alcohol consumption				
Regular	15.2	2.5	10	20
Occasional	35.5	4.2	25	45
Never	49.3	5.1	40	60

Variable	Mean	SD	Min	Max
Age	31.2	4.5	22	45
Gender	50%	50%	Male	Female
Marital status	65%	35%	Married	Single
Education	12.5	1.5	10	15
Income	1500	500	1000	2500
Occupation	30%	70%	Manager	Worker
Health status	85%	15%	Good	Poor
Smoking status	40%	60%	Smoker	Non-smoker
Alcohol consumption	20%	80%	Drinker	Non-drinker
Exercise frequency	3	2	0	5
Stress level	4.5	1.5	1	7
Sleep quality	3.5	1.5	1	5
Work-life balance	3.0	1.5	1	5
Life satisfaction	4.0	1.5	1	5
Overall well-being	3.5	1.5	1	5